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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.

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HOM. ECON. DIV.
JAN 10 1918

WHOLE WHEAT A VALUABLE ADDITION TO THE DIET

Wheat is the oldest and most valuable grain known to us. It is the "corn" of Biblical times, a name which is still given to wheat in some European countries. In the form of bread, wheat is the staff of life for the majority of races today.

Most people look upon wheat solely as the substance from which bread, pastries, and prepared breakfast cereals are made. Some few persons, especially those living in the wheat belt, are using the whole grain for breakfast porridge.

In order to show some of the other uses of wheat, the Bureau of Home Economics has developed the following recipes which describe ways in which the whole grain may be prepared, not only as a porridge, but in other palatable and inexpensive forms. Some of the latter can be used as the main dish for a meal.

From the standpoint of nutrition, wheat is important as a good source of vitamin B, which stimulates the appetite, promotes good digestion and the assimilation of food, as well as prevents beriberi. Some vitamin A, known as the anti-infective vitamin, is present in wheat. The whole grain contains a fair amount of protein and a good supply of phosphorus, iron, and other minerals.

RECIPES USING WHOLE WHEAT

Whole wheat cooked or canned under steam pressure

Sort the whole wheat grains and wash thoroughly. For each cup of wheat add 1-1/2 cups cold water and soak overnight. In the morning add 1 teaspoon salt for each cup of dry wheat used and cook under 20 to 25 pounds steam pressure for at least 1 hour, or longer if very soft grains are desired. Serve in the same way as any hot cereal with milk or cream.

After the wheat has been cooked in the pressure cooker, it may be canned by the following method: Fill pint glass jars or No. 2 tin cans almost full with the boiling hot cooked wheat, seal, and process at 10 pounds pressure (240° F.) for 1 hour.



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METHODS OF COOKING AND RECIPES FOR USING WHOLE WHEAT

Sort the whole wheat grains and wash thoroughly. For each cup of wheat add $1\frac{1}{2}$ cups of water and soak overnight.

Wheat Cooked Over Direct Heat

In the morning add 3 cups of water and 1 teaspoon of salt to each cup of soaked wheat. Boil gently for $3\frac{1}{2}$ hours or until tender and no uncooked starchy flavor is present. If necessary, add more boiling water during the cooking to keep the right consistency.

Steamed Wheat

In the morning drain the wheat and place in a thin layer in the top of a steamer. The water must be kept boiling in the lower part of the steamer and it is necessary to add boiling water during the cooking period. Steam the wheat for $3\frac{1}{2}$ hours. Sprinkle salt over the wheat before serving.

Wheat Cooked in the Fireless Cooker

In the morning add 1 cup of water and 1 teaspoon of salt to each cup of soaked wheat. Place in a kettle and bring to the boiling point over direct heat. Cover, and place in a kettle between the hot stones. After 3 hours, reheat the stones and cook the wheat for $2\frac{1}{2}$ hours longer.

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Wheat cooked in any of these ways may be served as a breakfast cereal, or combined with other foods.

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Whole wheat chowder

2 cups diced carrots
1 pint boiling water
1/2 cup diced salt pork
4 tablespoons chopped onion
1 tablespoon flour

1 pint milk
2 cups cooked whole wheat
1 teaspoon salt
Pepper
1 tablespoon chopped parsley

Cook the carrots in the boiling water until tender. Fry the salt pork until crisp, remove it from the fat, and cook the onions in the fat. Stir in the flour and cook a few minutes longer. Mix all ingredients in the upper part of a double boiler, stir until well blended, and cook about 10 minutes. Serve over crisp toast.

Beef and cooked wheat

2 tablespoons fat
1 onion chopped
1 pound beef, diced
Flour

3 cups water
1/4 of a chili pepper
Salt
2 cups cooked wheat

Melt the fat and cook the onion for a few minutes, then add the meat which has been lightly rolled in flour. When the meat has browned somewhat add the water. Partially cover and simmer until the meat is tender. Stir in the chili pepper and the wheat, and add salt to taste.

Scalloped Liver and whole wheat

4 slices bacon
1 onion sliced
Salt
Pepper
Flour

1/2 pound liver
2 cups cooked whole wheat
Tabasco sauce
1/2 cup hot water

Fry the bacon until crisp, remove it and brown the onion in the fat. Push the onions to one side of the skillet. Salt, pepper, and lightly flour the liver and fry it slowly in the bacon fat, until the red color disappears, turning it frequently. Cut up the liver and bacon, mix with the onion, add more salt if needed, and a few drops of tabasco sauce. Make a layer of the wheat in a greased baking dish. Add the liver mixture and continue to alternate the layers until all the ingredients are used. Pour the water around the sides of the dish, cover and heat about 30 minutes. Serve from the dish.

Whole wheat, fish and tomato

1/2 pound canned fish
1 quart canned tomatoes
1/2 cup chopped celery

1 teaspoon salt
1/8 teaspoon pepper
2 cups cooked whole wheat

Drain the fish, reserve the liquid and flake the fish into small pieces. Cook the tomatoes, celery, and fish liquid until the mixture is fairly thick. Add the seasoning, wheat, and fish, and cook a few minutes longer and stir to blend well. Serve on crisp toast.

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Whole wheat pilau

2 thin slices salt pork	1/2 cup chopped celery
2 onions, cut fine	1-1/2 teaspoons salt
3 cups tomato juice and pulp	1/4 cup minced parsley
2 cups cooked wheat	Pepper

Fry the salt pork until crisp, remove from the fat and cook the onion in the fat until lightly browned. Heat the tomatoes, add the wheat, onions, celery and salt, and cook about 15 minutes. Stir frequently. When the mixture has thickened stir in the crisped pork and parsley and add more salt if needed and the pepper. Serve on crisp toast.

Whole Wheat muffins

1 cup sifted flour	1 egg
1/2 teaspoon salt	1/2 cup milk
2 teaspoons baking powder	1 tablespoon melted fat
1 cup whole cooked wheat	

Sift the dry ingredients together, add the wheat, and mix thoroughly. Beat the egg, add the milk, and stir into the dry ingredients with the fat. Pour into greased muffin pans and bake in a moderate oven about 30 minutes. Serve hot.

Whole wheat pudding

2 cups hot milk	1 cup chopped seeded
2 cups cooked whole wheat	raisins
3/4 teaspoon salt	1 egg
2 tablespoons sugar	1/2 teaspoon vanilla

Mix the milk, wheat, salt, and sugar. Add the raisins, beaten egg, and the vanilla. Pour into a baking dish and bake in a moderate oven about 30 minutes or until set. Chill before serving.

Whole wheat cookies

3/4 cup sifted flour	1/2 cup sugar
1/2 teaspoon salt	1 egg
1 teaspoon cinnamon	1 cup cooked whole wheat
1/2 teaspoon soda	1 cup seedless raisins
2 tablespoons fat	

Sift the dry ingredients together, except the sugar, add the fat sugar, beaten egg, wheat, and raisins. Stir until well mixed. Drop by teaspoonfuls on a greased pan about 2 inches apart and bake in a moderate oven until lightly browned.

